

French Dip Sandwich⁵

Number of Servings: 5 (179.88 g per serving)

Amount	Measure	Ingredient
11.00	oz	Beef, bottom round roast, lean, rstd, select, 1/8" trim
10.00	pce	Bread, whole grain, slice
1 1/3	cup	Water, tap, municipal
3/8	oz	Base, beef, w/o msg, low sod, FS
1/4	tsp	Salt, table

Nutrients per serving

Nutrition Facts	
Serving Size (180g)	
Servings Per Container	
Amount Per Serving	
Calories 240	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 460mg	19%
Total Carbohydrate 25g	8%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 23g	
Vitamin A 0%	Vitamin C 0%
Calcium 6%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Instructions

Potentially Hazardous Food. Food Safety Standards: Hold food for service at an internal temperature above 140 degrees F. If done day before and reheated, heat roast quickly (within 2 hours) to 165 degrees F. Reheat product only once; discard if not used.

ROAST MAY NEED TO BE COOKED DAY BEFORE if large.

Cook roast beef in enough liquid to yield the amount of broth called for in the recipe. Cook the beef without salt. You may use any salt free seasonings desired (ie, onion or onion powder, not onion salt).

Cut Roast into 2 oz slices and reheat in broth to 165 degrees in 350 degree oven.

To serve, place hot roast beef between 2 slices whole grain bread. Serve with 1/4 c. Broth from the roast &/or made with the low sodium beef base, salt and water (served in small bowl/container for dipping).

1 serving = 2 slices whole grain bread
2 oz hot roast beef
2 oz hot broth/AuJu
= 2 grain products, 3 oz meat

1 serving = 25 grams CHO = 2 Carb Serv

Notes

You will need to start out with ~1/4 more roast AP than cooked/roasted weight listed in recipe.